

## CLAIMS

What is claimed is:

1. A nutritional supplement for management of stress in an individual in need thereof, comprising a low-glycemic-index carbohydrate, protein comprising alpha lactalbumin-enriched whey protein, fat, caffeine and 5-hydroxytryptophan (5-HTP), wherein the amounts of each are suitable to manage conditions associated with stress.
2. The nutritional supplement of Claim 1, wherein the nutritional supplement is in the form of an extruded bar.
3. The nutritional supplement of Claim 1, wherein the nutritional supplement is in the form of a powder.
4. The nutritional supplement of Claim 1, wherein the carbohydrate source further provides a source of fiber.
5. The nutritional supplement of Claim 1, wherein the carbohydrate source is selected from the group consisting of fructose, barely, konjac mannan, psyllium and combinations thereof.
6. The nutritional supplement of Claim 6, wherein the protein is alpha lactalbumin-enriched whey protein.
7. The nutritional supplement of Claim 1, wherein fat is a non-atherogenic oil, partially hydrogenated oil or combinations thereof.

8. The nutritional supplement of Claim 7, wherein the non-atherogenic oil is vegetable oil.
9. The nutritional supplement of Claim 8 wherein the vegetable oil selected from the group consisting of: canola, olive, soy, safflower, sunflower, corn and combinations thereof.
10. A nutritional supplement comprising, from about 1 to about 100 grams low-glycemic-index carbohydrate, from about 1 to about 100 grams alpha lactalbumin-enriched whey protein, from about 1 to about 50 grams fat, from about 1 mg to about 600 milligrams caffeine and from about 1 to about 900 milligrams 5-hydroxytryptophan, wherein the amounts of each are suitable to manage conditions associated with stress.
11. A nutritional supplement comprising, from about 10 to about 50 grams low-glycemic-index carbohydrate, from about 10 to about 30 grams alpha lactalbumin-enriched whey protein, from about 3 to about 10 grams fat, from about 20 to about 200 milligrams caffeine and from about 20 to about 200 milligrams 5-hydroxytryptophan, wherein the amounts of each are suitable to manage conditions associated with stress.
12. A food or beverage comprising the nutritional supplement of Claim 1.
13. A pharmaceutical composition comprising the nutritional supplement of Claim 1.
14. A method of providing an individual with nutritional supplementation that aids in the relief of stress, comprising administering to an individual in need thereof the nutritional supplement of Claim 1.

15. A kit comprising:
- a) one or more ingredients comprising the nutritional supplement of Claim 1 provided in a capsule or tablet; and
  - b) the remaining ingredients of the nutritional supplement provided as a powder or nutritional bar.
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16. The nutritional supplement of Claim 1, wherein the ingredients are separately assembled.
17. A method for increasing serotonin levels in an individual to alleviate symptoms associated with reduced serotonin levels in the individual, comprising
- 10 administering to an individual in need thereof the nutritional supplement of Claim 1.
18. The method of Claim 17, wherein the individual has depression, premenstrual syndrome or its associated disorders.

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